



Better Health Begins With You!

ዝህልዩ ጥዕና ባኣኻ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መጻላቲ ኩብ 6 ጅኣብ 11 ዝተኣተ ስቢሒ ዘለዎ ባሂ ፡ እኸሊ ፡ ፋዝ ወይ ካእ ፓሲታ ብሌ ። ንመዘኸሪ ዝኣኣኦ ኮሞ እኸሊ ንቕርሲ ፡ እምቡቲቶ ንምላሕ ፡ ኮሞኡ ውን ንዜይ-ዝህሰሰ ፋዝ (ብዘይ ትመጻ ትመም) ንድራር ምረጽ ።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መጻላቲ ኩብ 5 ዘይውሕድ ፍረ-ውጽኢት ፡ ኣእምላቲ ተመዝብ ። ንምጥቃስ ዝኣኣኦ ፡ ጽግቓ ናይ ብርቱኢን ኣብ ግዜ ቁርሲ ምስታይ ፡ ሰላግ ኣብ ግዜ ምላሕ ምብላዕ ፡ ኮሞኡ ውን ባልደገጋን ፡ ዝህሰሰ ድንገን ፡ ዘቢብን ኣብ ግዜ ድራር ምዝውታር ።

3. Drink at least 8 glasses of pure, fresh water every day.

ብዘየኣደ እብ መጻላቲ 8 ብርጭቆ ጽፋይ ማይ ምስታይ ።

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወኣደ ስቢሒ ዘለዎ ስጋ ብሌ ፡ ንኣብነት ኮሞ ደርህ ፡ ዓላ ።

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወኣደ ወይኣኣ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ ። ንኣብነት ኣጅቦ ፡ ኮሞኡ ውን ድሰኩላ ርግኣ ።

6. Limit your intake of sweets and alcoholic beverages.

ንእትወሲዶ ምቁር ፡ ኣልኮህላ ዘለዎ መስተን ዓቕን ።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ናይ ሰውነት ምንቅሊቻስ ኣብ ዕለታዊ ናብራኻ ኣዘውትር ። ንኣብነት ኮሞ ምኻድ ፡ ምስሌላ ፡ ኮሞኡ ውን ምጽዋት ።

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሸን እንክሉኻ ፡ ኣብ ክንዲ ኩብ ናይ እንጎሳ ፡ ኩብ ናይ ኣእምላቲ ዝወጸ ዘይቲ ተጠቀም ፡ ምኸንያቲ ኩብ ስቢሒ ነጻ ብሙጂኑ ።

Tigrinian Language Version

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